

**Basketball Men's Pickup**

Age 18 and Up

This is informal pick-up basketball games for men college-age and up. Programs will not meet during school vacation periods, school holidays or when school is closed due to inclement weather. For more information, call 860-561-7510. **No Class: 4/13, 4/14.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
414758A	Wed	03/22 - 04/19	7:00 - 9:00P	\$5 at the door

**LOCATION: SEDGWICK SCHOOL**

PROGRAM #	DAY	DATES	TIME	RES/NRES
414758B	Thu	03/23 - 04/20	7:00 - 9:00P	\$5 at the door

**LOCATION: KING PHILIP SCHOOL**

**Basketball Women**

Age 18 and Up

Scrimmage with friends and make new ones as you get exercise and play basketball. Previous team experience is required. Teams divided each session. **No Class: 4/11.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
414751A	Tue	02/28 - 06/06	7:00 - 9:00P	\$5 at the door

**LOCATION: KING PHILIP SCHOOL**

**Basketry *NEW!***

Age 18 and Up

Come learn to weave a beginner 5" basket. A new technique is being demonstrated, using a wood base. This style is user friendly, leaving you amazed with the final product that you create to take home! This great price includes materials and instruction.

*Instructor: Deb Strid, Serenity Hill Basketry.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
364372A	Wed	04/19	11:00A - 2:00P	\$25/\$30
364372B	Thu	04/20	5:00P - 8:00P	\$25/\$30

**LOCATION: ELMWOOD COMMUNITY CENTER**

Register On-line, by Fax or Mail to Elmwood Community Center.

**Dog Training Level I**

Age 21 and Up

Heel, stay, come and drop it are all part of the curriculum in this class open to puppies and dogs. Professional dog trainer and behavioral consultant, Laurie Fass, will provide the training. Laurie can be heard every Saturday on WTIC's Pet Talk. She is a member of the International Association of Canine Professionals. Classes are not appropriate for aggressive dogs. For questions, contact Laurie Fass at 860-667-1847 for possible exceptions.

*Instructor: Laurie Fass. No Class: 5/27.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
364730A	Sat	04/29 - 06/24	9:30 - 10:30A	\$110/\$120
361730A	Sun	07/09 - 08/27	9:30 - 10:30A	\$110/\$120

**LOCATION: ELMWOOD COMMUNITY CENTER**

Register On-line, by Fax or Mail to Elmwood Community Center.

**Dog Training Level II**

Age 21 and Up

The foundation to training begins with the level I class. Real training results can be expected by continuing on to level II. Reliability around distractions working towards off leash work and advancing basics are included. Prerequisites for this class are having had a basic class. Call Laurie at 860-667-1847 if you're not sure which class to take. *Instructor: Laurie Fass. No Class: 5/27.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
364731A	Sat	04/29 - 06/24	10:35 - 11:35A	\$110/\$120

**LOCATION: ELMWOOD COMMUNITY CENTER**

Register On-line, by Fax or Mail to Elmwood Community Center.



## Elmwood Community Center Conference, Party and Banquet Center



Accommodations available for large or small groups.

Formal or informal setting to meet your needs.

Specialized facilities including auditorium, gymnasium, kitchen and classrooms.

Facilities available 7 days a week, most days of the year.

**For more information or to reserve a room  
call 860-561-8160**

Looking for a place to hold a meeting, seminar, party, anniversary, Bar or Bat Mitzvah or other special event? We have rooms for all your rental needs.

## Gentle Yoga **NEW!**

Age 21 and Up

Gentle Yoga practice is founded on creating a calm and mindful space in which to explore and connect with ourselves and each other. The practice is based on self-acceptance, learning to be compassionate toward others as well as ourselves and to bring a balance to our lives. This is done with a combination of postures, breath work and meditation. Students are encouraged to use their yoga practice as a guide to develop their awareness, patience and gratitude. *Instructor: Arlene.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
354301A	Tue	04/11 - 05/30	5:30 - 6:30P	\$70/\$80
351301A	Thu	06/15 - 08/03	5:30 - 6:30P	\$70/\$80

**LOCATION: ELMWOOD COMMUNITY CENTER**

Register On-line, by Fax or Mail to Elmwood Community Center.



## Westmoor Park Plant-a-Row for the Hungry

### Volunteers Needed

Join us at **Westmoor Park** for fun, friendship and community service. Our harvests are donated to a local soup kitchen and help feed area residents.

Helpful hands are needed from May until September to make this program bountiful.

Contact Jane P. Gottier,  
Westmoor Park Horticulturist  
Phone: 860-561-8264  
jane.gottier@westhartfordct.gov  
www.westmoorpark.org  
westmoorpark@westhartfordct.gov.



## Golf Adult Beginner

Age 18 and Up

Beginner golf lessons for adult players age 18 and up with little or no golfing experience. A 9 hole voucher to play at Buena Vista Golf Course is included. In case of heavy rain, or any questions, please call Rockledge Golf Club at 860-521-6284. Rain make ups will be announced by instructors. *Instructor: Rockledge Staff.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
414730A	Mon/Wed	04/24 - 05/03	6:30 - 7:30P	\$74/\$84
414730B	Tue/Thu	04/25 - 05/04	6:30 - 7:30P	\$74/\$84
414730C	Tue/Thu	05/09 - 05/18	6:30 - 7:30P	\$74/\$84
414730D	Tue/Thu	05/23 - 06/01	6:30 - 7:30P	\$74/\$84

**LOCATION: ROCKLEDGE GOLF CLUB**

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

## Handbuilt Pottery

Age 18 and Up

Learn the basic hand building techniques. Using potter's clay and glaze, create useable pieces of ceramic art to keep or give as wonderful gifts. This five week class includes all materials in fee. Please bring a smock or apron. *Instructor: Lynne Cipolla.*  
**No Class: 5/25.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
364302A	Thu	04/20 - 06/01	1:00 - 4:00P	\$269/\$279
364302B	Thu	04/20 - 06/01	6:00 - 8:00P	\$179/\$189

**LOCATION: ELMWOOD COMMUNITY CENTER**

Register On-line, by Fax or Mail to Elmwood Community Center.

## Insanity® Live!

Age 18 and Up

You may have seen commercials for the Insanity® program on TV. This is your chance to try it LIVE with a certified instructor! Insanity® LIVE is challenging, group-focused athletic training, cardio conditioning and total-body strength drills, designed for people of all levels. The moves are easy to follow and can be modified so each person can work up to their own best level. Participants should bring water, a towel and an exercise mat as there are moves that are done on the floor. *Instructor: Carolyn Maloney.* **No Class: 8/02.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
364232A	Wed	04/12 - 05/24	6:00 - 6:55P	\$70/\$80
361232A	Wed	06/21 - 08/16	6:00 - 6:55P	\$80/\$90

**LOCATION: ELMWOOD COMMUNITY CENTER**

Register On-line, by Fax or Mail to Elmwood Community Center.

## Kreative Korner-Sewing

Age 14 - 24

See page 22

## Lifeguarding American Red Cross

Age 15 and Up

See page 22

## Piano with Jane

Age 6 and Up

See page 18

## Tae Kwon Do

Age 15 and Up

See page 18

## T'ai Chi Beginner/Advanced Beginner

Age 18 and Up

This wonderful mind/body art enhances health in many ways. T'ai Chi is energizing, yet relaxing. It improves balance, posture and coordination, while relieving stress and tension. All fitness levels welcome! *Instructor: Beth Price. No Class: 5/1, 5/3, 7/3, 7/5.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
354840A	Mon	04/10 - 05/22	5:45 - 6:45P	\$70/\$75
354840B	Wed	04/12 - 05/24	6:00 - 7:00P	\$70/\$75
351840A	Mon	06/05 - 07/17	5:45 - 6:45P	\$70/\$75
351840B	Wed	06/07 - 07/19	6:00 - 7:00P	\$70/\$75
351840C	Mon	07/31 - 08/28	5:45 - 6:45P	\$58/\$62
351840D	Wed	08/02 - 08/30	6:00 - 7:00P	\$58/\$62

**LOCATION: ELMWOOD COMMUNITY CENTER**

Register On-line, by Fax or Mail to Elmwood Community Center.

## Tennis Adult New & Advanced Beginner

Age 18 and Up

Introduction to basic skills in a six week series. Each lesson will focus on a different stroke with the final lesson reviewing all strokes. 6:1 ratio maximum. For more information, please contact Sheri Slobin Shea, Fern Park Tennis Association, at paddlemaven@gmail.com. *Instructor: Fern Park Tennis Association.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
414720A	Sat	05/06 - 06/10	8:30 - 10:00A	\$128/\$138

**LOCATION: FERNRIDGE PARK**

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

## Tennis Adult Intermediate Clinic

Age 18 and Up

USTA 3.0-3.5 level players. Develop the use of spin, placement and singles and doubles tactics in a 6 week series. 6:1 ratio. For more information, please contact Sheri Slobin Shea, Fern Park Tennis Association, at paddlemaven@gmail.com. *Instructor: Fern Park Tennis Association.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
414722A	Wed	05/03 - 06/07	9:30 - 11:00A	\$128/\$138

**LOCATION: FERNRIDGE PARK**

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

## Tennis Adult Cardio

Age 18 and Up

All levels are welcome. Fun workout with tennis drills, ladders and cones designed to keep your heart rate up. Must have knowledge of basic strokes, forehand, backhand, serve, volley and overhead. 6:1 ratio. For more information, please contact Sheri Slobin Shea, Fern Park Tennis Association, at paddlemaven@gmail.com. *Instructor: Fern Park Tennis Association.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
414724A	Tue	05/02 - 06/06	9:30 - 11:00A	\$128/\$138
414724B	Wed	05/03 - 06/07	6:00 - 7:00P	\$116/\$126

**LOCATION: FERNRIDGE PARK**

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

## Tennis Minicamp

Age 18 and Up

Participants meet twice a week at Conard High School for two hours an evening. Intensive drilling is combined with competitive play and tennis strategy. Geared for the advanced beginner level and up. Rain date will be on Wednesday (Thursday 7/6 session A). *Instructor: T.J. Rush & Matt Sawyers. No Class: 7/4.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
411703A	Mon/Wed	07/03 - 07/05	6:00 - 8:00P	\$80/\$90
411703B	Mon/Tue	07/10 - 07/11	6:00 - 8:00P	\$80/\$90
411703C	Mon/Tue	07/17 - 07/18	6:00 - 8:00P	\$80/\$90
411703D	Mon/Tue	07/24 - 07/25	6:00 - 8:00P	\$80/\$90
411703E	Mon/Tue	07/31 - 08/01	6:00 - 8:00P	\$80/\$90

**LOCATION: CONARD HIGH SCHOOL**

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.



## CALLING ALL ACTORS

### 41<sup>st</sup> Season

## West Hartford Summer Arts Festival

## 2017 Production

## "PIPPIN"

## July 27-29 7:30PM

**Info:**

Grades - Entering 9th Grade thru College.

Audition Dates and Times T.B.A.

Rehearsal Times T.B.D.

*For updated information please visit:*  
[westhartsaf.com](http://westhartsaf.com)





## Westmoor Park Basics for the Vegetable and Fruit Garden

Age 18 and Up

We will spend the morning discussing the basic steps to starting a vegetable and fruit garden on your property. We will visit our greenhouse, our new fruit orchard and our vegetable garden. We will be discussing the advantages of starting from seed versus plants. We will cover the best time to start your seeds, planting times, soil conditions, harvesting and maintenance. Please come with your questions and dress for the weather. *Instructor: Jane Gottier, Park Horticulturist.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
524709A	Sat	04/22	9:00 - 11:00A	\$20/\$22

**LOCATION: WESTMOOR PARK**

Register On-line, in Person, by Fax or Mail to Westmoor Park.

## Westmoor Park Learn to Compost

Age 14 and Up

Have a Breakdown! Learn to Compost. Have you tried to make compost with no success? Learn to “break down” but in a good way! In this class you will learn about the C/N ratio, “hot vs. cool” composting, the “trash can” technique, compost tea and much more. Sounds mysterious but it is incredibly easy, and your garden will love you for it. Everyone may take home a container of Westmoor’s own “compost starter”. *Instructor: Rosemary Aldridge.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
524780A	Sun	04/30	2:30 - 4:00P	\$15/\$17
524780B	Tue	05/23	6:30 - 8:00P	\$15/\$17

**LOCATION: WESTMOOR PARK**

Register On-line, in Person, by Fax or Mail to Westmoor Park.

## Westmoor Park Organic Gardening Techniques

Age 14 and Up

Just what is organic gardening? The term can be confusing. In this class you will learn how to enhance your soil, how to prevent and control insects and diseases, how to attract beneficial insects and pollinators, the basics of composting and much more. *Instructor: Rosemary Aldridge.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
524815A	Sun	04/30	12:30 - 2:00P	\$15/\$17
524815B	Tue	05/16	6:30 - 8:00P	\$15/\$17

**LOCATION: WESTMOOR PARK**

Register On-Line, in Person, by Fax or Mail to Westmoor Park.

**Register ON-LINE any day, any time.**  
It's quick, easy and secure.  
**WestHartfordCT.gov/LeisureServices**

## Spring FLEA MARKET

Back by popular demand, the Spring Flea Market is a perfect place to browse for finds or sell your stuff! \$20.00 per space, \$35 for a double space. FREE to browse! “Bake Sale” goodies available for purchase.

**Saturday, May 6, 2017**  
**9 AM to 2 PM**

Elmwood Community Center Upper Parking Lot  
1106 New Britain Ave., West Hartford, CT

With our great exposure to both auto and foot traffic on busy New Britain Avenue and Newington Road, this is a great venue for professional vendors to sell their goods.

If you have any questions  
please call Lauren @ 860-561-8195.

Reserve your space in  
advance Program #374101B  
Call 860-561-8160



### Westmoor Park Perennial Garden Basics

Age 18 and Up

This class will look at all the angles concerning installation and maintenance of a perennial garden. A hands-on demonstration will follow an indoor discussion. *Instructor: Jane Gottier, Park Horticulturist.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
524704A	Sat	05/13	9:00 - 11:00A	\$20/\$22

**LOCATION: WESTMOOR PARK**

Register On-line, in Person, by Fax or Mail to Westmoor Park.

### Westmoor Park Plant A Row For The Hungry

Age 18 and Up

Jane Gottier, the Westmoor Park Horticulturist, will hold this free orientation for anyone who may be interested in learning more about our volunteer opportunities and the Plant a Row campaign. We will discuss organic gardening, vegetable plants and learn about working in the garden from weeding to harvesting. Free seeds for all participants. Dress to be outdoors in all weather. *Instructor: Jane Gottier, Park Horticulturist.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
524871A	Sat	04/29	9:00 - 11:00A	\$0/\$0

**LOCATION: WESTMOOR PARK**

Register On-line, in Person, by Fax or Mail to Westmoor Park.

### Westmoor Park Soft Cheese Making I

Ages 14 and Up

You won't believe how easy it is to make your own soft cheeses. In this class we'll make a lemon-herb cheese spread, a camembert-style and mozzarella. You can make these fresh soft cheeses at home. All supplies will be provided. *Instructor: Rosemary Aldridge.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
524861A	Tue	04/25	6:30 - 8:30P	\$33/\$36
524861B	Sat	04/29	9:30 - 11:30A	\$33/\$36

**LOCATION: WESTMOOR PARK**

Register On-Line, in Person, by Fax or Mail to Westmoor Park.

### Westmoor Park Soft Cheese Making II

Ages 14 and Up

You won't believe how easy it is to make your own soft cheeses. In this class we'll make whole-milk ricotta, mascarpone, and feta. You can make these fresh soft cheeses at home. All supplies will be provided. *Instructor: Rosemary Aldridge.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
524841A	Sun	05/07	2:30 - 4:30P	\$33/\$36
524841B	Tue	05/09	6:30 - 8:30P	\$33/\$36

**LOCATION: WESTMOOR PARK**

Register On-Line, in Person, by Fax or Mail to Westmoor Park.

**SAVE THE DATE!**



Westmoor Park  
119 Flagg Road, West Hartford

**Friday, September 15, 2017**  
6 PM – 9 PM

*Event benefits the Westmoor Park Fund*

Tickets available starting August 1  
at Westmoor Park or Leisure Services  
office at West Hartford Town Hall

## COMMUNITY GARDEN PLOT RENTALS

### Open registration for West Hartford Residents

begins March 15, 2017 at 9:00 am  
Come to the Westmoor Park Office in person, with proof of residency. Gardeners may rent a maximum of two full-size garden plots. Plots are available on a first-come, first-served basis.

### Garden plots are located at:

Westmoor Park  
Buena Vista Park and  
Wolcott Park

**Fees: Full plot 20' x 20' = \$40.00**  
**Half plot 10' x 20' = \$25.00**

Call the Westmoor Park Office for  
detailed information & procedures  
regarding Community Garden  
plot rentals, Monday – Friday,  
9:00 am-4:00 pm at 860-561-8260





## *“Experience the Energy”*

*Don't let our name fool you!  
We have exciting Community Offerings  
for Adults of ALL Ages!*

### TRIPS:

#### **Cultural/Arts**

- **Theatre/Concerts**
  - Opera
  - Dance Performances
  - Overnight Tours

#### **Restaurants**

- Deal of a Meal
- Fine Dining
- High Tea

#### **Historical**

- Connecticut/W.H. Landmarks
- Jewish History
- Gardens & Homes

#### **Educational**

- Yale University & CCSU
- Planetarium
- Museums
- Boat Tours

### CLASSES:

#### **Movement**

- Barre
- Circuit Training
- Pilates
- Qigong
- Tai Chi
- Tapercize
- Weight Training

#### **Mind**

- Yoga
- Brain & Board Games
- Italian
- Computer Lab
- Collage & Painting
- Genealogy
- Piano

### SPECIAL EVENTS

#### **Holiday Luncheons**

#### **Monthly Educational Events**

- Breakfast with Benefits
- Lunch & Learns
- Concerts/Recitals

#### • **Annual Housing Fair**

#### • **Annual Health Fair**

#### • **Entertainment**

### SPORTS:

#### **Indoor Golf**

#### **Basketball**

#### **Outdoor Adventures**

- Kayaking
- Hiking
- Fishing



*Register Today!*



*Town Website: [www.WestHartfordCT.gov](http://www.WestHartfordCT.gov)*

*1106 New Britain Avenue • 2nd Floor, West Hartford, CT • Phone: (860) 561-8180*